

WHAT EVERY PROFESSIONAL NEEDS TO KNOW

- when working with families

IDEAL FOR MENTAL HEALTH PROFESSIONALS AND SERVICE PROVIDERS

The Youth Mental Health Project will use the award-winning film NO LETTING GO in featurette form (15 minutes) to inform and increase understanding about youth mental health. Using a combination of film, personal storytelling, and interactive instruction, this workshop is a powerful way to show how mental health affects families and communities. Highlighting the key issues that arise when one family has a child who struggles with mental health, this workshop enlightens audiences to move beyond shame, blame, and misunderstanding and creates conversations that leave teachers and administrators feeling hopeful and capable.

WE ALL HAVE MENTAL HEALTH – THE SAME WAY WE ALL HAVE PHYSICAL HEALTH.

Mental health encompasses far more than the short list of disorders which affect one's mood, behavior, or thinking. Mental health includes our emotional, psychological, and social well-being, and it is important to care for it at every stage of life.

Just like physical health, mental health lies on a continuum and can shift, change, and evolve.

Our educational workshops provide information, resources, and guidance for a better understanding of youth mental health development. By hosting a workshop, you will help to create an atmosphere of open dialogue and acceptance, leading to an increase in early intervention and prevention.



About Randi

Randi Silverman

One of the nation's leading voices on the topic of youth mental health. A believer in the power of storytelling, Randi used her real-life experiences to co-write and produce the multi award-winning film, "NO LETTING GO."

"We believe no family should ever suffer with a mental health condition in isolation."

Workshops for 50 minutes will include a Youth Mental Health Project speaker and one-time viewing of NO LETTING GO featurette.

All presentations can be customized and created in partnership with the organization hosting.